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Peaks Island Star, 2019

Peaks Island Star

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### Peaks Island Star : April 2019, Vol. 39, Issue 4

Service Agencies of the Island

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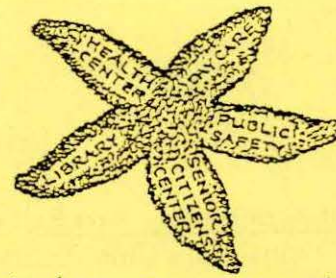
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# Peaks Island STAR



Newsletter of the Island's Service Agencies & other Community News

April 2019

Volume 38

Issue 4

## What Makes an Opossum Tick?

Join Peaks Island illustrator, Jamie Hogan and Maine author Lyn Smith for a celebration of their new delightful and informative picture book, *What Makes an Opossum Tick?* The event will include a read aloud and a discussion of how a collaboration between author and illustrator works. There will also be a display of sketches and the final art for the book. Books will be available for purchase and signing. Light refreshments served! All ages welcome.

Saturday, April 6

10-11:30 am

Peaks Island Community Room

Sponsored by the Peaks Island Branch Library

## Gardening on Peaks Island – Bring Your Questions!!!

**Speaker: Perry Sutherland**

Got compost problems? Interested in raised beds? Trying to plant for birds or pollinators?  
Frustrated with deer? Let's share our solutions!

Peaks Island gardener, Perry Sutherland will speak briefly about gardening on Peaks and answer questions for other folks.

Wednesday, April 10

7:00-8:00 pm

Peaks Island Community Room

Sponsored by Friends of the Peaks Island Library

## Safe Landing Strategies: How to Soften a Fall

Jason Adour, a physical therapist at the Maine Strong Balance Center in Scarborough, will discuss the anatomy and physiology of balance, provide tips to reduce your fall risk, and demonstrate how to fall safely. This program is designed to help you feel confident in how to minimize possible injury. Falling happens at all ages and can happen anywhere. Jason's professional experience has included geriatric medicine, sports medicine and neurological rehabilitation after strokes or brain injuries, which have all included a focus on balance.

Wednesday, April 17

1:00-2:30 pm

Peaks Island Community Room

Sponsored by the Friends of the Peaks Island Library and the Peaks Island Health Center





## PEAKS ISLAND LIONS CLUB



### Lions Club Grants This Past Fall & Early 2019

The Peaks Island Lions Club allocated funds to numerous community organizations including energy assistance and/or maintenance for the two Peaks Island churches, various Lion Portland and Maine programs for the blind and other worthy Lion causes, Energy Assistance, the Taxi, the Fay Garman House Garden Project, the annual Christmas and Halloween parties, Thanksgiving baskets, the Travis Mills Foundation, Camp Sunshine, the Iris Network, Northeast Disabled Sports, the Food Pantry and the Star.. The above grants total **\$17,000**. We have also allocated **\$30,000** in scholarships for Peaks students attending higher education for the 2018 & early 2019 school year.

Scholarship and grant funds were obtained from Lion's volunteer and fundraising activities including: lobster bakes, the variety show, the road race, club rentals and private donations.

### LIONS CLUB SCHOLARSHIPS

To be eligible for a Lions Scholarship for the 2019-20 school year, Peaks Island residents and children of Peaks Island Lions members who are currently attending or expect to matriculate in a post graduate career school or college for the fall semester should submit a written scholarship request to:

**Chairman of the Scholarship Committee**

**Peaks Island Lions Club, P.O. Box 102**

**Peaks Island, ME 04108**

Your letter must be received by September 15<sup>th</sup> and should state your expected field of study and the school that you will be attending.

If you are reapplying for this scholarship, the reapplying applicant or family is expected to help the community with a minimum of eight (8) hours of service in the Lions or another Lions approved Peaks Island organization. The Peaks Island Club service activities include our good weather fundraising events (bakes, rentals from May - August), our community activities - Halloween Party (Oct 31<sup>st</sup>), Variety Show (Aug 5th & 6th), Christmas Party (Dec at the school), our sponsored Peaks Island Road Race (July 27th) and for grounds maintenance (May - Oct). We will send you our events calendar for you to sign up by emailing [lionsclubrentals@gmail.com](mailto:lionsclubrentals@gmail.com).

Please note that there is a five-year maximum for any individual to receive a Lions Club Scholarship.

### Eyeglasses:

Used Eyewear Collection Update – PILC would once again like to thank Peaks Islanders for their support of this ongoing program in conjunction with the International Lions. Collection boxes can still be found at the Café, Hannigans, Backett Memorial and St. Christopher's churches, and the health clinic. To date well over 300 pairs have been donated by islanders as part of this worldwide Lions program.

### Seeking New Lions Club Members

Lend a helping hand to preserve Peaks Island as a helping caring community. Join the Peaks Island Lions Club. Contact Lions Club President, Edward Ezzard by telephone, mail or e-mail: **Telephone: 756-4713; Address: P.O. Box 102, Peaks Island, ME 04108; e-mail: [TheMaineJack@gmail.com](mailto:TheMaineJack@gmail.com)**

Note: Many of our members are seasonal Peaks Island residents.

We thank Peaks Islanders and your visiting guests and family members for your continuing sponsorship of the Lions Club's Activities and Events. It is greatly appreciated.



## SENIOR NEWS

Our next **Potluck Luncheon** will be on Monday, April 8<sup>th</sup>. Please bring a dish to share and join us at the Fay Garman House at noon. All Seniors are welcome! If you don't consider yourself a Senior, come anyway!!

Also, **Chair Yoga** is held in the Community Room of the Fay Garman House every Tuesday starting at 4 pm for about an hour. Chair Yoga is a great way to relax from head to toe without the stress of getting out of your chair. There is no charge for these yoga sessions and are open to anyone who wants a quick way to stretch their body and relieve tensions.



## Taxi News

call (207) 518-0000 for service

With spring around the bend, many islanders will start walking to the boat to enjoy the weather. But do call the Taxi if you find you dislike walking on muddy roads almost as much as you disliked walking on those icy winter roads earlier this year.

And if, when you come home at the end of the day, you find that the sunny early spring morning has turned, as it all too often does, into a cloudy, windy and much colder afternoon, the Taxi will be there when the ferry docks.

If you need help with hauling those in-town purchases or just would like a ride home after a long day, the Taxi is here to help with all your transportation and delivery needs.

## PEAKS ASSISTED LIVING (PAL) SURVEY

*Peaks Assisted Living (PAL) volunteers are trying to identify the specific needs, structure, operations and funding of a facility for people on Peaks Island who need help with activities of daily living.*

*PAL will launch a survey to help determine the interest, need and possible size of this facility to assist Islanders. It will be available on line thru the SurveyMonkey.com website at a specific address that will be publicized later in the month.*

*But first, PAL will hold a meeting at the Fay Garman House at 7 PM on April 1st - no foolin' ! We will discuss a mailing to all Islanders to promote the survey. All are welcome.*

*PAL will also host a meeting at the Community Center at 3 PM Wednesday, April 10 to assist Islanders who need help filling out the survey on a computer.*

###

## ***Brackett Memorial United Methodist Church***

*We are a Welcoming, Inclusive, and Reconciling Congregation*

9 Church Ave; 207-766-5013; [brackettmumc@gmail.com](mailto:brackettmumc@gmail.com); [www.brackettmumc.org](http://www.brackettmumc.org)

Rev. Angela Rotherham, Pastor



Anyone is welcome to join any of our worship, fellowship, or mission opportunities.

**Sunday Morning Worship at 10am.** Followed by an informal time of food and fellowship in the church hall.

**Adult Scripture Study Tuesdays, 10:30-noon ON HOLD.**

**Prayer Shawl Ministry Fridays, 10:30-noon** in the Church Family Room.

**Peaks Island Food Pantry** at Brackett Church, Mondays, 3:30-5pm.

**Tai Chi** at the Brackett Church, Wednesdays, 10:30-noon. FMI, contact David: [dshandwerker@gmail.com](mailto:dshandwerker@gmail.com).

**Yoga** at the Brackett Church, Tuesdays and Fridays, 9-10:30am. FMI, contact Rebecca:

[rebecca.stephans@gmail.com](mailto:rebecca.stephans@gmail.com).

### **SPECIAL EVENTS IN APRIL:**

**Free Community Supper & Game Night – Friday, April 12, 5-6:30** in the Brackett Church Fellowship hall. Enjoy a do-it-yourself baked potato bar – the perfect meal for all appetites!. Then bring a game to share or join us in one of ours – fun for all ages! Let us cook and clean up, you come and enjoy your family and your neighbors!

**Cribbage Fun – Thursday, April 11, 10:30-noon** in the Brackett Church Fellowship hall. Players of all ages and abilities are welcome for a friendly game. This will be our last game with Rev. Angela – come play with us!

#### **Holy Week/Easter Special Services and Events:**

**Sunday, April 14, 10am – Palm/Passion Sunday** – We prepare ourselves for Holy Week by waving palm branches and hearing the passion story from Scripture.

**Thursday, April 18, 7pm – Maundy Thursday Footwashing** – We remember Jesus' admonition to serve others as he was a servant leader to us.

**Friday, April 19, 7pm – Good Friday Stations of the Cross** – Using photographs from the Holy Land and meditative readings, we walk to the tomb with Jesus.

**Saturday, April 20, 9am-9pm – Holy Saturday Prayer Vigil** – The Sanctuary will be open for silent prayer and reflection as we contemplate Jesus in the tomb.

**Sunday, April 21, 5:40am – SonRise Service** – We will meet at Whaleback to welcome a new day and the Risen Christ! Followed by breakfast in the Brackett Church Fellowship Hall at 6am.

**10Am – Resurrection Sunday Worship** – The choir has been working on special music for this special service!

**11:15am – Community Easter Egg Hunt** – Our annual tradition returns! Bring your kids and search for treats in the Church yard!



St. Christopher's Catholic Church

Rector: Father Greg Dube at 773-7746

The Lenten Season continues thru the month and Holy Week begins on Palm Sunday, April 14th. Easter Sunday is April 21st. For information about services, check [www.portlandcatholic.org](http://www.portlandcatholic.org).

Sunday Mass is at 10 AM each week followed by coffee and donuts or brunch. Details for other Masses in Portland are on the website. For info concerning Baptism, Reconciliation & Marriage, please contact Father Greg.

Rosary: The Scripture Studies Group invites all to pray the Rosary for special intentions and world peace at 9:30 AM before Mass each Sunday.

AA meets Wednesdays from 6:15 to 7:15 PM in the Parish House.

Share Scripture with Islanders from 9:30 to 11 AM each Wednesday in the Parish House on Central Avenue.

Peaks Island Health Center

87 Central Ave. P.O. Box 52

[www.peaksislandhealthcenter.org](http://www.peaksislandhealthcenter.org)

Hours: Monday, Wednesday and Friday

8:30 AM to 3:00 PM

Kitty Gilbert, Family Nurse Practitioner, provides care for all ages.

Please call either 766-2929 or 874-2466 for an appointment.

*Borrow Free Medical Equipment*

*Medical equipment such as wheelchairs, walkers, and crutches are available on loan temporarily from the Peaks Island Health Center and St. Christopher's. The equipment is stored at St. Christopher's and is provided on a first come, first served basis at no charge. Borrowers are only asked when they plan to return it and also relieve the program of any liability.*

*For more information, contact Kay Taylor at 766-2811 or [islapicos@maine.rr.com](mailto:islapicos@maine.rr.com); or Chris Hoppin at 766-2593 or [choppin@aol.com](mailto:choppin@aol.com).*

## Peaks Environmental Action Team (PEAT) Activities for April

**Monday, 1 April at 6:30 in the Community Room:** Regular monthly meeting (always the first Monday of the month).

**Saturday, 20 April:** Annual EARTH DAY ISLAND WIDE CLEAN-UP. Help pick up the trash and debris that accumulated along our streets and on our beaches over the winter. Bags and gloves will be handed out **9:00 to noon at the Library**, and between **9:45 and 12:45 down front**. If you can't participate Saturday, choose a time and day that works best for you. Filled bags -- and even larger items such as tires, lumber, and such -- can be left at the road edge where Public Works will pick them up.

In the mean time, you can reduce island litter by buying items with little or no packaging; recycling (many items picked up during cleanup are recyclable); substituting recyclable materials for plastic; and composting. OR, start that worm bin that you learned all about at PEAT's February event.

We are now making appointments to measure windows for inserts to be built at the 2019 Peaks Island WindowDressers Build in November. Contact us to make your appointment. We will measure your windows and let you know what it will cost to have inserts that cut down on heat loss and drafts in your home. You can decide from there how many inserts you would like to order. Measuring appointments take about 45 minutes and will take place on Fridays and Saturdays including April 26 and 27, and May 3,4,10, and 11.

If you are a tenant, let us know, we may be able to help.

If you have questions or are ready to make your appointment, please contact us:

Bob Villforth  
[rvillforth@gmail.com](mailto:rvillforth@gmail.com)  
207-766-5179

Randy Schaeffer  
[randyschaeffer@gmail.com](mailto:randyschaeffer@gmail.com)  
908-230-6780

*This energy- and money-saving, neighbors helping neighbors effort, is a project of WindowDressers, a non-profit, volunteer-driven organization located in Rockland, and sponsored here on Peaks Island by the Peaks Environmental Action Team (PEAT) and the Brackett Memorial United Methodist Church.*



### April at the Peaks Island Branch Library

129 Island Avenue 766-5540 email: [peaks@portlandpubliclibrary.org](mailto:peaks@portlandpubliclibrary.org)

Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12

**April is National Poetry month.** Come in to browse our collections of adult and children's poetry! We'll also have a selection of poems for **Poem in Your Pocket Day** (April 18). On this day (or throughout the month), select a poem, carry it with you, and share it with others.

**What Makes an Opossum Tick? Author & Illustration Discussion on Saturday April 6 from 10-11:30.** Join Peaks Island illustrator Jamie Hogan and Maine author Lyn Smith for a celebration of their new delightful and informative picture book, *What Makes an Opossum Tick?* This event will take place in the Peaks Island Community Room and include a read aloud, slide show of the illustration process, book sale & signing, and light refreshments. All ages welcome.

**Technology Tutoring** will be starting **April 10** and continuing the **2<sup>nd</sup> Wednesday morning** of each month. Tutoring sessions are for all levels of computer users for 30 minutes of free computer assistance. Whether you'd like help mastering the job search, downloading ebooks and audiobooks, or refreshing your basic computer skills, our half-hour tutoring sessions might be the place to turn. **Advance registration is required.** Call or stop in the Library for more information or to register for a session.

**Make Your Own May Basket on Tuesday, April 30 from 3:30-4:30.** The Library and Portland Parks and Recreation invite you to make a May basket in the Library. We'll provide the materials to create a May basket for yourself or to give away. This is for all ages, young and old. Wondering about the May basket tradition? You can read it in the STAR under Portland Parks and Recreation.

**First Tuesdays Book Discussion:** For next month's meeting, May 7, please read *Monkey Beach* by Eden Robinson. Please note that there are a limited number of copies of this selection available. For the meeting on April 2, the book is *Before We Were Yours* by Lisa Wingate. Meetings are at 7pm, in the Community Room. Everyone is welcome. If you need a copy of the book, call or come into the library.

**Middle School Book Club** will meet at **5:30 on Tuesday, April 16.** Books, food and fun during school vacation week. Join us and bring a middle school friend.

We've had a name change for our infants and toddlers story time! The program is now **Rhythm & Rhymes**, still on Wednesdays, at 10:15. **Pre-School Story Time** is on Fridays at 10:15.

**New to the Library!** We now have assortment of board games and puzzles to play in the Library.

For astronomy enthusiasts and those interested in viewing the night sky, you will soon be able to check out an **Orion StarBlast 4.5" Tabletop Telescope** from the Library! Be on the lookout for more details.

**DEADLINE FOR NEXT MONTH'S STAR:** Thursday, April 25. Bring articles copy ready to the Library. When the Library is closed, you may put them in the book return in the hallway or slip them under the Library doo.



## PEAKS ISLAND TAX AND ENERGY ASSISTANCE (PITEA)

The PITEA Loaf and Ladle Corned Beef and Cabbage Dinner was a big success. We will definitely repeat the dinner in March of 2020. We served over 65 dinners and garnered over \$1000 for Energy Assistance. The food was delicious and we enjoyed seeing so many of our friends and neighbors. Thank you to all of our chefs. Because we will be celebrating Easter and Passover this month we will not have an April Loaf and Ladle Dinner. We will have a dinner on, Sunday, May 19th. Please watch for our announcement.

March came in like a lion and we are still waiting for the lamb to appear. Right now it is still very cold. Even the crocuses in our garden have not announced the arrival of spring! Now that April has arrived we can hope for warmer weather! We will be looking for the robins and other harbingers of spring plus the flowering shrubs and trees and the beautiful bulbs. We look forward to the end of heating season! PITEA is well aware that heating season took its toll on our energy budgets. The high cost of electricity has also had an impact on our energy costs. We know there will be more applicants in April and May or until the warmer weather takes hold.

We have had some very cold days which means we are still using various forms of energy to stay warm. PITEA is prepared to help Islanders who need energy assistance. Applications are available on the bulletin board at the Library. Please give the application to a member of the clergy listed on the application for their approval. We cannot help applicants unless they have been approved by a member of the clergy.

Peaks Island Tax and Energy Assistance



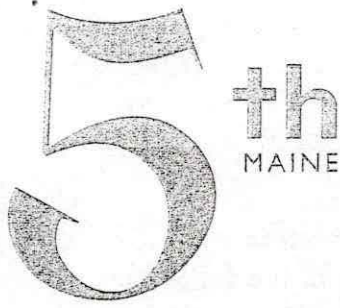
### April Saturday Night Movies Free in the Community Room

April	5:30 pm	April	7:30 pm
6	Sing (2016) PG 108 min	6	Slaughterhouse Five (1972) R 104 min
13	White Fang (1991) PG 109 min	13	My Cousin Rachel (2017) PG-13 106 min
20	No 5:30 pm movie.	20	Faraway So Close (1993) PG-13 144 min
27	101 Dalmatians (1961) G 79 min	27	Secondhand Lions (2003) PG 109 min



This film series is sponsored by the Friends of the Peaks Island Library.

Pick up a flyer in the Library to find out more information about these films !



## The Fifth Maine Regiment Museum

[www.fifthmainemuseum.org](http://www.fifthmainemuseum.org), 207-766-3330

We have developed our 2019 season calendar of events and it is a wonderful combination of history, music, food and fun!! Some save the dates include:

- June 13<sup>th</sup> – Opening reception for “*Jealous of the Stars*” photography exhibit
- June 21<sup>st</sup> – *Peaks Island in the 1970s: Building a Community* exhibit opens
- June 23<sup>rd</sup> -- First pancake breakfast of the season
- July 25<sup>th</sup> – Party like it’s 1979 – our 70’s porch party – dig out your jumpsuits!

If you aren’t already a member, please join us. Members enjoy free admission to the museum and reduced rates for event rentals. Individual memberships are \$15, family memberships are \$30. Sign up forms are available on our website: [www.fifthmainemuseum.org](http://www.fifthmainemuseum.org) under the “About the Fifth Maine” tab or you can call Susan Hanley 207.332.2443 for forms and more info.

Follow our Facebook page for ongoing updates about the Fifth Maine. We’ve been posting great pictures and having some lively discussions about life on Peaks Island in the 1970’s --- fun to hear everyone’s memories. Our Facebook page title is **Fifth Maine Regiment Museum**.



## Peaks Island Community Food Pantry

The Peaks Island Community Food Pantry is located in the Brackett Memorial Church and is open on Mondays at 3:30–5pm. Our mission is to provide food assistance to our island neighbors in need, supported by many different individuals and organizations from Peaks Island.

The combination of heating bills and lack of seasonal work starts to hit hard in the spring, and we are especially grateful to our Peaks Island food angels that provide support. If you would like to donate items to the food pantry, our needs this month are: canned ham, Saltine crackers, cooking oil, creamy peanut butter, canned green beans, canned peas, canned pears, peaches and pineapple in juice, beef stew, toilet paper, laundry detergent, and dishwashing soap.

If you have any questions about the food pantry, or you would like to arrange a food drop off or a donation pick up, please contact Susan Hanley, 207-332-2443.

### ***CERT Prepares For Disasters***

***Our Peaks Island Community Emergency Response Team (CERT) needs more volunteers to assist Island disasters with training and help from the Portland Fire Department. For more info, call Al Bleau at 766-0007 or 781-962-2662.***



## News from Peaks Island Elementary School

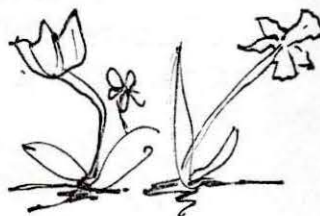
With the arrival of spring, we have much to be grateful for and much to look forward to at our wonderful island school. A great big thank you to the following island community workers who were guest readers on Read Across America Day early last month: Librarian Jerri Blatt, Library Assistant Rose Ann Walsh, store proprietor Bob Hannigan, police officer Randy Richardson and fire fighter Chris Thomson. Our students were delighted to hear stories being read by these familiar island faces!

Many, many thanks to the Inn on Peaks for providing their beautiful venue and delicious spaghetti dinner for our PTO's March 8<sup>th</sup> fundraiser. Proceeds from admission, 50/50 raffle and silent auction raised over \$3,600 for the PTO to support our school. Much appreciation to the many islanders who came out and supported us - it was a wonderful community event!

Speaking of community events, we would like to extend an invitation to interested families and islanders to join us on Thursday, April 25<sup>th</sup> from 6:15 - 7:30 p.m. at the PIES school library for a community conversation about immigration through children's literature. For most of the month of April PIES will be borrowing a traveling collection of children's picture books known as the Welcoming Library "that invites readers of all ages to explore literature as a means to celebrate our commonalities and differences and create an environment of welcoming." Peaks author/illustrator Annie O'Brien will kick off this community conversation, along with Kirsten Cappy who is the founder of Curious City. Please join us for this exciting project that promotes welcoming "immigrants, refugees, and 'new arrivals' as neighbors through the sharing of children's literature."

Finally, if you have or know any island children who will be 4 years old on or before October 15, 2019, please encourage families to register them for our public Pre-K at PIES. Families must provide an original proof of birth document, immunization records, and proof of island or mainland Portland residency. We look forward to welcoming our youngest learners!

Warm Regards,  
Kelly Hasson, Teacher Leader



## FRIENDS OF TEIA CAMPERSHIPS 2019

Spring is here, at least on the calendar, so the end of school and summer can't be too far behind. It's not too early to begin making plans for summer activities for your children. The Friends of TEIA offer to each year-round resident Peaks Island child a fully funded "campership" to attend one of TEIA's summer programs. Kids can learn new skills or advance their competence and make new friends in tennis, sailing, kids camp, or the preteen program. Last summer 46 island children participated in the campership program. Applications for the 2019 camperships will be distributed in May at Peaks Island Elementary School. You can also get more information by contacting Stephanie at [sealights99@aol.com](mailto:sealights99@aol.com).

**PEAKS ISLAND CHILDREN'S WORKSHOP:** 71 Herman Avenue: 766-2854  
[www.picw.org](http://www.picw.org)



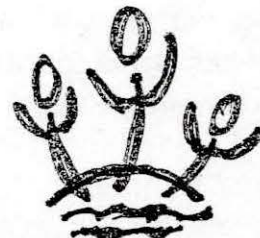
**PICW WILL BE CLOSED MONDAY APRIL 15<sup>TH</sup> IN OBERVANCE OF PATRIOTS' DAY**

PICW would like to say a very big thank you to Barbara and Chris Hoppin for hosting Vino and Van Gogh and to all our friends and neighbors who came out and painted in support of our program. We would also like to say thank you to the Peaks Island Fund for granting us the funds to replace our leaking washer and dryer.

March was a very busy month for all our students here at PICW. We welcomed a new baby to our program and the toddlers really enjoyed "helping" their teachers take care of him. As the weather warmed up and the days got longer, they were able to go on more adventures and even made Moon Sand in celebration of the Worm Moon. In the big room, the classroom was changed from a School House to a Circus and the big kids had lots of fun clowning around. Ms Meg has continued working on their letter recognition by creating a fun I Spy the Letter in the Room game and every Wednesday the preschoolers spend the afternoon making apple carrot muffins for their Thursday snack.

PICW is looking to increase our substitute teacher list. If you are interested in becoming a part of our PICW family, please contact Katie at [office@picw.org](mailto:office@picw.org) for an application.

PICW is accepting applications for part/full time care on our WAIT-LIST. Contact Katie at [office@picw.org](mailto:office@picw.org) for applications. The Board of the PICW is always open to suggestions and communication from the community. Please contact us through Board Chair, Jennifer Eckel, at [jgeckell@gmail.com](mailto:jgeckell@gmail.com).





## **APRIL 2019 ACTIVITIES AT THE PEAKS ISLAND COMMUNITY CENTER**

### **Sponsored by the City of Portland Parks, Recreation and Facilities**

All Portland Parks, Recreation and Facilities programs are for Peaks Island and Portland residents of all ages. Unless noted, activities are held in the Peaks Island Community Center. **For more info: Diane Ricciotti, Recreation Programmer at 766-2970.**

### **LOW IMPACT AEROBICS WITH WEIGHTS EXERCISE PROGRAM**

**Mon. & Thurs. 9:30 a.m.–10:30 a.m.**

Join us for a fun-filled hour of low impact aerobics. The routine makes you smile and laugh while building strength. We have a wide range of exercises and use hand-held weights which are always available. All are welcome. **FREE !**

### **STRENGTH TRAINING FOR WOMEN - Tues. & Friday 7:15 a.m.-8:15 a.m.**

All women are welcome in this class. The session starts with a 10-minute stretch and aerobic warm-up and moves into the use of hand-held and ankle weights for a full range of exercises and stretches. Exercises are guided with attendees in chairs or standing. Fee: \$60.00 or \$5.00 drop in fee per class with space available.

### **ADULT STRENGTH TRAINING CLASS - Tues. & Friday 8:30 a.m.-9:30 a.m.**

Come in and try our new Adult Strength Training Class. Instructor Devon Kraft, Certified Personal Trainer starts each session with an aerobic warm-up and moves into a wide range of stretches and exercises. The class is guided with attendees standing or in chairs and the use of hand-held and ankle weights. Fee: \$60.00 or \$5.00 drop in fee per class.

### **WEEKLY THURS. KNIT & CHAT, PAINT & ETC. from 10:45 a.m. - 11:45 a.m.**

Please join us for our weekly Thursday Knit & Chat, Paint & ETC Group from 10:45 a.m. - 11:45 a.m. Feel free to bring your favorite craft project, your easel and writing project. We would love to have you join our weekly Chat group. All are welcome. **FREE!**

### **MAKE YOUR OWN MAY BASKET on APRIL 30 - 3:30 p.m. - 4:30 p.m.**

Throughout the 19th and 20th centuries, as the month of April came to an end, generations of people across the country gathered flowers, candies and other goodies to put in May Baskets. May Baskets would be hung on the doors of friends, neighbors and loved ones on May 1st to express friendship, kindness and romantic interest. Come and share this charming tradition with Parks & Recreation and the Peaks Island Branch Library on April 30th at the Peaks Island Branch Library. We will provide the materials to make a May Basket. Open to all ages. **FREE!!**